FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING PEOPLE TOGETHER

OUTDOOR EDUCATION at YMCA CAMP MANITOU-LIN

WELCOME!

YMCA Camp Manitou-Lin allows you to discover the wonders of the outdoors through our values-based programs that emphasize caring, honesty, respect, responsibility, and inclusion. Our curriculum is designed to be a hands-on, fun way to learn and experience educational topics. Come stay with us!

A great adventure awaits...

YMCA Camp Manitou-Lin is conveniently located just 35 minutes from downtown Grand Rapids and 40 minutes from downtown Kalamazoo. Our comfortable facilities include year-round lodging with indoor shower/bathroom facilities, a picturesque main lodge and dining hall, Willem's Discovery Center, climbing walls, zip line, high ropes courses, archery ranges, and much more.

As part of YMCA Camp Manitou-Lin's commitment to Youth Development, Healthy Living, and Social Responsibility, our camp staff works to incorporate the core values of Caring, Honesty, Respect, Responsibility and Inclusion into everything we do. We strive to emphasize self-esteem, problem solving, and a personal commitment to teamwork through all of our camp activities for students.

Whether you're looking for an environmental education trip, a teambuilding adventure, or a complete camping experience, we can customize a program to fit your school's particular needs.

Our staff are trained to teach environmental and adventure-based curriculum. They are energetic, committed, caring people who want your students to maximize their camp experience. Our staff lead all camp activities, allowing teachers to connect with their students on a new level.

This informational booklet highlights just a few of the options and facilities available at YMCA Camp Manitou-Lin. To discuss your options further or begin your booking process please contact Josh Wilson at jwilson@grymca.org or call us at 1-888-909-2267.

WILLEE NOXEN & VALUES

"A Job Well Done!"

One of our proudest traditions at YMCA Camp Manitou-Lin centers around the phrase "Willee Noxen." This phrase means "a job well done" and should be used freely during your time at camp to congratulate students and acknowledge an accomplishment or a good choice made.

In order to receive a "Willee Noxen" at CML, students must practice the YMCA core values (caring, honesty, respect, responsibility, and inclusion) and the 6 C's of 21st Century Skills.

We train our staff to connect all of our camp activities to a relevant YMCA core value, and to explain to students how their camp experience links back to real-world situations at school, home, or elsewhere. The key to meaningful character development at camp is to understand that the core values are a tool that can be used in all parts of your life—including the classroom! We encourage teachers and staff to continue using "camp lingo" in the classroom, including references to the Y's core values and Willee Noxen. This will help cement the concepts taught at camp and will aid in developing a positive, values-oriented class culture.

OUTDOOR EDUCATION CLASSES

Adventure and Teambuilding
Group Teambuilding Initiatives
Low Ropes Course
Orienteering / Gold Rush
Outdoor Living Skills / Fire Building
The Beast
Rock Climbing (indoor or outdoor)
High Ropes Course (indoor or outdoor)
Mid Ropes Course (outdoor only)
Zip Line
Creative Problem Solving
COMING SOON: Letterboxing

Living History
Pioneering
Fur Trade
Lumbering
Choices and Challenges

Recreation Classes
Archery
Horseback Riding
Horse Sense
Canoeing / Kayaking
Snowshoeing
Pontoon Ride
Broomball
Arts and Crafts (Leather Working)
Tie Dye
Guided Hikes

Environmental Education
Terrific Trees
Insect Dissection
Willem's Discovery Place & Trail
Forest Ecology
Tracking
Astronomy (overnight groups only)
COMING SOON—The Food Cycle
COMING SOON—Bees: Nature's Superheroes

Evening Programs
Capture the Flag
Action Auction / Challenge Night
Boof
Predator-Prey
Sensory Night Hikes
Creative Dramatics
Mock Olympics / Relay Olympics
Creative Problem Solving
Stock Exchange
Smugglers and Spies
How Well Do You Know Your Counselor?
Campfire (indoor or outdoor)

MEALS AND DINING

BE OUR GUEST!

Our modern kitchen and culinary staff are here to make meal planning easy for you. In addition to your main entrée, each meal is accompanied by fresh fruit and/or a salad bar. Meals can be served "family style" at each table, or buffet-style for convenience, depending on the size of your group and at the discretion of our Food Service Director.

Groups are also welcome to bring their own food that does not require preparation. Please note that, due to health code and licensing requirements, we are unable to allow use of our kitchen facilities by rental groups.

Dietary restrictions? Never fear! Individuals with special dietary needs may bring food to be stored and prepared by our culinary staff. We are also able to accommodate various dietary restrictions within our regular meal offerings, including vegetarian and gluten-free options. Please contact us in advance to discuss any special dietary needs.

SNACKS

Fresh fruit and coffee or tea are available 24 hours a day in Cheff Lodge—help yourself! Snacks are available upon request, for an additional charge. Please contact us in advance to add snacks to your group's menu. Snack options may include:

Assorted Baked Cookies
Cheese and Cracker Tray
Fresh Fruit or Vegetables and Dip
Soft Pretzels with Mustard
Oven-Roasted S'mores
Tortilla Chips and Salsa

BREAKFAST

All continental or hot breakfasts include fresh fruit, assorted cereals, oatmeal, coffee, tea and juice. Breakfast options may include:

CONTINENTAL BREAKFAST: Assorted muffins, bagels with cream cheese, English muffins, yogurt.

HOT BREAKFAST: Biscuits and sausage gravy, breakfast burritos, scrambled eggs, French toast sticks or slices, pancakes, vegetarian breakfast casserole, hash browns, turkey sausage links or patties, bacon or ham.

LUNCH AND DINNER

All lunches and dinners are served with juice, tea, coffee, milk, and two sides. The salad bar and hot bar are also available. Side dishes are at the discretion of our Food Service Director and are chosen to best compliment your entrée. Lunch and dinner options may include:

Hot dogs / chili dogs	Hamburgers
Pizza	Grilled cheese or grilled ham and cheese
Chicken patty sandwiches	Meatball subs
Sloppy Joes	Spaghetti and meatballs
Corn dogs	Chicken nuggets
Sub sandwiches	Baked chicken
Honey glazed ham	Roast turkey and stuffing
Tacos	Asian stir-fry with veggie egg rolls
Chicken fajitas	Fettuccine Alfredo

DESSERTS

When served with a meal, dessert is chef's choice. However, please let us know if there is something specific we can make for your group. A few of our favorite dessert options include:

Churros	Brownies
S'mores bars	Cookies (sugar or chocolate chip)
Cake (various flavors)	Rice Krispy Treats

FACILITIES AND LODGING

ON THE SHORES OF OLD LAKE BARLOW...

YMCA Camp Manitou-Lin's 160 acres include rolling hills, fields, woods, waterfront access on beautiful Barlow Lake, hiking trails, various program areas, cabins and meeting spaces. We encourage you to schedule a tour with a staff member to see firsthand what our beautiful and historic property has to offer.

CHEFF LODGE

Cheff Lodge was dedicated in 1998 and remains the centerpiece of camp. Overlooking our beautiful waterfront and the lake beyond, its distinctive wraparound porch is home to our large collection of lazy rocking chairs. The 20,000 sq.ft. building also features a cozy stone fireplace, an air-conditioned multipurpose room, an indoor high ropes course and climbing wall, our main dining hall (capacity 250), the Camp Store, an adjacent picnic area, and plenty of space for indoor activities.

WILLEM'S DISCOVERY PLACE

Dedicated in 2017, Willem's Discovery Place is the newest addition to YMCA Camp Manitou-Lin. It is comprised of a beautiful new 1,500 square foot nature center and wetland trail with covered teaching stations.

Willem's Discovery Place is named after Willem Radosevich, an avid fourth-generation camper at Manitou-Lin, who passed away in 2012 after a courageous eight-month battle with a rare autoimmune disorder. In honor of his spirit and zest for life, this nature center and trail are dedicated in his memory.

PROGRAM AREAS

We are proud to feature a variety of indoor and outdoor program areas, many of which can be utilized for multiple purposes. Our camp representatives are happy to discuss which spaces are perfect for the size and scope of your school group.

- Gates Chapel
- Multi-level outdoor high ropes course
- Two outdoor climbing towers
- Two archery ranges
- Athletic courts and fields
- Zip Line
- Hiking trails
- Pioneer Cabin
- Six fire circles
- Day Camp Pavilion

GUEST LODGING

Each cabin or lodge on our scenic, wooded property is just a short walk away from of all of our main camp program areas, including Cheff Lodge and the waterfront. Each building features its own indoor restroom and shower facilities, and is equipped with heating and air conditioning.

NEW FOR 2022: The cabins you know and love now have brand-new names! Each cabin has been renamed to celebrate the native trees and plants of the Mitten State.

YEAR-ROUND LODGING

Our year-round lodging accommodates up to 164 persons. These cabins and lodges are available for use at any time of year. Guests have their choice of two Quads (four cabins in one building) and two double cabins (two cabins in one building).

SOUTH QUAD
Walnut (12 beds)
Marigold (12 beds)
Spruce (12 beds)
Birch (12 beds)
+ 4 private rooms (16 beds total)

NORTH QUAD
Lupine (12 beds)
Dogwood (12 beds)
Fir (12 beds)
Cherry (12 beds)

DOUBLE CABINS
Oak (14 beds)
Sycamore (14 beds)
Aspen (12 beds)
Cedar (12 beds)

WARM WEATHER LODGING

Our "warm weather" lodging accommodates up to 243 persons. In addition to our year-round lodging, these standalone, single cabins are available from spring until fall. For your comfort, all of our warm weather lodging features newly renovated restroom facilities!

Coneflower (13 beds)
Ironwood (13 beds)
Hickory (14 beds)
Phlox (13 beds)
Maple (13 beds)
Sassafras (13 beds)

PRICING

PROGRAM	RATE/STUDENT	RATE/ADULT	MEALS INCLUDED
Half Day (4 hrs or less)	$19.50	None	None
Day Trip (4 hrs or more) NO LUNCH	$25.00	None	None
Day Trip (4 hrs or more) LUNCH INCLUDED	$33.00	$8.00	1
Teambuilding and High Ropes	$37.00	$8.00	1
2 Days/1 Night	$77.00	$30.00	4
3 Days/2 Nights	$120.00	$45.00	7
4 Days/3 Nights	$154.00	$63.00	10
5 Days/4 Nights	$195.00	$80.00	13

ADD-ONS

These choices are available as add-ons to your booking, at an additional cost per participant.

Horseback riding (1 hour)	$14 per rider
Zip line	$8 per participant
High Ropes	$12 per participant
Additional meals	$8 per participant

PLEASE NOTE: As of March 2022, due to the size and abilities of our current herd, horseback riding is limited to participants weighing 200lbs or less. High Adventure activities using a harness and helmet are limited to participants who can use the safety equipment as intended by the manufacturer. Guest participation in these activities will be at the discretion of our trained and experienced camp staff.

Please contact us in advance of your visit if you have any questions about these policies.

PACKING GUIDELINES

Suggested Packing List

Limit your luggage to one duffel or suitcase: Storage space in cabins is limited to the area under your bunk! Pack compactly—guests must carry their belongings to their cabins. Please label ALL items with student's name. Closed-toe shoes are required for participation in many activities, including horseback riding, high ropes, zip line, and rock climbing. Long pants and long sleeves are required for horseback riding. Michigan weather is unpredictable and many activities are exclusively outdoors, so come prepared! Dress at camp is casual; bring clothes and shoes that are okay to get dirty.

**Some items on this list may not apply to day-only groups. Overnight recommendations are marked (*).

- Pillow + twin size bedding OR sleeping bag*
- Towel + toiletries* (shampoo, soap, toothbrush, toothpaste, hair brush/comb, deodorant, washcloth)
- Pajamas*
- Daily change of underpants and socks*
- Comfortable clothes for indoor and outdoor activities
- For groups riding horses: long sleeves + long pants
- Comfortable closed-toe shoes that can get dirty (like sneakers) – we recommend bringing 2 pairs of shoes!
- Multiple layers + winter clothing (when applicable)
- Rain gear (when applicable)
- Snow boots or rain boots (when applicable)
- Sunscreen and/or bug spray
- Day pack or small backpack
- Money for the Camp Store
- Reusable water bottle
- Camera (clearly labeled—camp is not responsible for broken, lost, or stolen personal items)
- Flashlight or headlamp + spare batteries

Things to Leave at Home

- Aerosol cans
- Personal sports equipment
- Pets and animals
- Knives or firearms
- Alcohol, drugs, or tobacco products (medications must be turned in to school personnel and administered through designated school health officer during camp)
- Electronic equipment, games, personal music players
- Cell phones
- Tablets and laptop computers
- Smart watches (i.e., Apple Watch)

Personal Property

YMCA Camp Manitou-Lin is not responsible for clothing and personal property brought from home. While our staff will help students locate lost items, it is considered the responsibility of the student to keep their belongings together. The Lost and Found box is located on the Lodge porch; please check this box before departure. Unclaimed lost and found property will be donated to local charities on a regular basis.

Immerse Yourself in Nature!

YMCA Camp Manitou-Lin is proud to be a tech-free zone. We encourage all visitors to leave electronics and cell phones at home. This will help you connect with nature, but also with each other. Cell phones, smart watches, and other electronic equipment can easily be lost or damaged during your time at camp. Cell service is spotty at Camp, so we have an emergency phone number that can be provided to parents/guardians if they need to reach school personnel during your trip.

THINGS YOU SHOULD KNOW

Info for Students

• There are bugs at camp! We try our best to keep them outside. Please don't bring food into cabins, because that invites critters inside.

• We have well water at camp, so it may taste different than your water at home. It is safe to drink and is tested for quality on a regular basis.

• You'll be moving and grooving more at camp than you normally do at home, so make sure to drink extra liquids while you're here. Water is your friend!

• When it is time to be quiet, our staff need your attention, so we can move on to the next fun thing. We will teach our quiet signal when you first arrive.

• We act goofy and fun at camp, but that doesn't mean we enjoy disrespectful behavior. Have fun and enjoy this time to be carefree and happy. Play games with us and sing your heart out when it's time to!

• Some activities are designed to push you outside of your comfort zone. That's good! Try to set a goal for each activity and accomplish it, even if it seems like a simple task to you. For example, if you are sure you don't want to go horseback riding or zip lining, consider petting one of the horses or trying on a harness instead. That will get you a Willee Noxen for being brave!

Teacher Checklist for Planning a Visit

CONTRACT STAGE

• Contact us to schedule a facility tour, if you've never visited us before! We love to show off our camp!

• Select dates for your OE experience.

• Sign and return your contract with initial deposit.

• Review Teacher Planning Guide and begin selecting classes for your trip.

PLANNING STAGE

• Schedule a call with our OE Director to design your schedule and discuss program goals and class options.

• Schedule a designated Health Officer to attend with your school to administer medication and First Aid.

• Assign students to activity groups and cabin groups. Assign chaperones for each group and cabin. Create name tags for students if desired. Secure your transportation to and from camp.

• Distribute Liability Release Waivers to all camp participants, both students and adults.

PRE TRIP STAGE

• Review schedule, procedures, camp policies, and any other important information with students and chaperones before arriving at camp. Collect completed waivers from all adults and students.

• Collect all medication and emergency information from students and provide to designated Health Officer.

AT CAMP

• Turn in all signed waivers to OE Director upon arrival.

• Let us know if you need anything during your stay! During your last meal, please complete a program evaluation so we can continue to improve our services.

CHAPERONE RESPONSIBILITIES

General Guidelines

1. Plan to be with your group at all times. If you must leave the group, ensure that another chaperone is supervising the group.

2. Never send students anywhere on their own. We recommend the "truddy" system (sending a group of three) for students' safety.

3. During classes and activities, try to actively participate with your campers, unless staff have requested that you only observe (i.e., during Teambuilding).

4. Set a good example for your group by modeling good behavior. Follow all rules, be positive and enthusiastic, and dress appropriately for the weather.

5. Please help to enforce camp rules and encourage positive behavior from students. Take charge of any situation where a student is not following the directions or guidelines of our staff members.

6. Ensure that students are dressed appropriately for the day's activities and for the weather conditions.

7. Do not consume alcohol, illegal drugs, or tobacco products on camp property, including parking lots and wooded areas.

8. Coffee and tea are available all day for adults, but are off-limits to students.

In the Cabin

1. Remember to keep the group together in the cabin at night.
2. Do not allow horseplay in the cabins (i.e., jumping from bunk to bunk, pillow fights, water fights, etc.)
3. Contact camp staff in the event of a maintenance or facilities emergency.

In the Lodge

1. Please spread out so that there is at least one chaperone at each table during mealtimes.
2. Encourage polite table manners and passing of food. Make sure all students get a first helping when the food arrives at your table.
3. Hopper tags are required for students to leave the table during a meal (except for bathroom visits).
4. During cleanup, all table members should help scrape and stack dishes to make the hoppers' duties easier. Students should not be wandering around other tables to chat with their friends during cleanup time.
5. Do not allow students to leave the lodge until the group has been formally dismissed. Announcements are often made at the end of meals and it's important that all students are present to hear those updates.

FROM CAMP TO CLASSROOM

BUILDING STRONG FOUNDATIONS

YMCA Camp Manitou-Lin is also available to rent for teacher training, staff teambuilding, sports team retreats, PTO picnics or carnivals, day-long seminars, or multi-day conferences. We have the facilities, programming and staff to make your conference and retreat dreams a reality. We have worked with schools, colleges, sports teams, non-profit organizations, small businesses and large corporations. Our facilitators can individualize your experience in order to maximize your desired outcomes.

MEETINGS AND CONFERENCES

Our facilities are perfect for hosting company picnics, corporate teambuilding retreats, annual awards banquets, and even state or regional industry conferences. We have multiple indoor and outdoor meeting spaces to take your event to the next level. Energize your staff and get your organization on the right track by holding your meeting or conference in one of our unique event spaces. Ask your camp representative which facilities will help your event shine!

- Cheff Lodge and Blue Room
- Willem's Discovery Place
- South Quad meeting room
- Day Camp Pavilion
- Gates Chapel
- Main Camp Fire Circle

Available amenities include:
- Public WiFi network
- Overhead projector
- TV/DVD equipment
- Integrated HDMI and auxiliary audio connections
- Wall-mounted or freestanding projection screens
- Flip charts or whiteboards and markers
- Sound system with microphone and auxiliary audio connection

CORPORATE TEAMBUILDING

Effective teamwork is integral for success in today's corporate culture. Come to Camp, have fun together, and learn more about communication, cooperation, and compassion! Our energetic and enthusiastic staff are able to facilitate a wide range of teambuilding initiatives and games, and can develop a completely personalized itinerary to meet your individual needs. This programming will help your group to set goals and establish a greater sense of community.

High adventure programming (outdoor high ropes, indoor high ropes, or zip line) can be added to your schedule for an upgraded experience. We can also provide meeting spaces and custom programming for groups who need some time to cover their own orientation, training, or culture building information.

CORPORATE TEAMBUILDING PACKAGES

Traditional Teambuilding: Learn to become a more effective team, define your group goals, and create strategies to help achieve them. Our instructors will guide you through a series of teambuilding initiatives and debrief your group's performance after each activity.

Corporate Challenge: Set goals for individuals and for your organization, refresh the perspective of long-time employees, and welcome new employees with a bang! This package pairs well with new employee orientation sessions or annual company meetings.

Office Olympics: Take a break from the daily grind and make memories you'll remember for years. This program is designed for groups that want to get away to the woods and have fun together, while solving problems and challenges as a team.

These packages are just the beginning—contact your camp representative today to discuss what teambuilding activities will help your organization meet its goals.

LAND OF THE GREAT SPIRIT

At YMCA Camp Manitou-Lin, we strive to provide customer service that goes above and beyond, in an environment that is out of the ordinary. We invite you to get away with us for a day or weekend, and experience our unique brand of hospitality. With over 100 years of experience, we're excited to serve you. Come play with us on the scenic shores of Old Lake Barlow!

Appendix A: Policies and Conditions

1. YMCA Camp Manitou-Lin agrees to provide administrative assistance, maintenance assistance, food and program services as agreed in advance in accordance with this contract.
2. Supervision: The user group shall provide a leader that is 21 years of age or older. The adult leader is completely responsible for the supervision, safety, and control of its participants, members and guests. Also, all groups must have one adult per each cabin group for nighttime supervision. We recommend following ACA and state supervision ratios. At least two adult leaders must be present at all times while group is in camp.
3. Orientation: The group leader is responsible for providing an orientation session with a camp staff member as well as being responsible to make sure that all group members follow all camp policies and procedures. At this time please also communicate an accurate count of adults and youth for billing purposes.
4. Quiet Hours: In consideration of our neighbors, guests and residents, quiet hours are from 11:00PM to 7:00AM.
5. Dismissal: It is understood and agreed by all parties that should the rental group fail to provide adequate leadership or abide by camp rules as outlined and communicated during orientation, the Camp Director may at their discretion terminate this agreement requiring the renting party to vacate camp, forfeiting all fees and monies agreed to herein.
6. Medical Responsibility: YMCA Camp Manitou-Lin advises having an adult attending with nationally recognized CPR and First Aid certification that is designated as the Health Officer. The Group is responsible for emergency transportation, medical insurance, administration, storage, and provision of all first aid supplies and medications, as well as treatment for injuries to its members. We advise that you create a list of the following information, useful in emergencies: names and addresses of all participants, emergency contact information; signed form for permission to seek emergency treatment, a completed health form including allergies, health conditions, restrictions, etc. It is extremely important that an Accident/Incident Report be completed if an accident or injury happens during your stay. YMCA camp staff will help you in the completion of this form.
7. Food: Food is not allowed in cabins due to animal/insect attraction and sanitary standards. If storage of snacks is required, space in the camp kitchen is available. Due to regulations, all meals are provided and cooked by camp staff.
8. Program Areas: YMCA Camp Manitou-Lin provides trained staff to lead adventure-based activities. These activities include, but are not limited to rock climbing, zip line, high ropes, archery, waterfront, etc. Use of any equipment or program areas of camp are only with staff permission. Camp Manitou-Lin staff shall have the right to prohibit any activity of the group which the YMCA determines or considers to be hazardous to the safety, life, property or is opposed to YMCA Camp Manitou-Lin's mission, vision and values.
9. Equine Release Form: All horseback participants must sign an Equestrian Release Form and wear long pants and closed toe shoes. A copy of the form is included with this agreement; please feel free to make copies.
10. Facility Care: Please adhere to arrival and departure times as noted in your rental agreement. To avoid charges, please make sure you follow the Check Out Procedure Guidelines posted in each cabin. Damage to facility will be assessed at replacement value and added to your invoice. Labor fees apply. The groups shall pay a $35 cleaning fee per cabin/room/program area or $35 per hour maintenance fee plus parts for misuse, damage, or littering of any of the facilities, buildings, structures, equipment, or grounds during the visit.
11. Conservation: Please close doors, windows, turn down heat and shut lights off when leaving cabins or buildings. YMCA Camp Manitou-Lin is proud to be mindful of natural resources. Ask us about our composting program.
12. Emergency Procedures: Emergency procedures will be explained during orientation to camp with a camp staff member.
13. Personal Property: Pets, firearms (including air rifles and archery equipment) and boats are not permitted to be brought to camp. Camp is not responsible for personal property or any items lost/stolen/damaged at camp. The Lost and Found Box is located on the east side of Cheff Lodge porch; please check this before departure. Unclaimed lost and found property is kept for one week and then donated to local charities. YMCA Camp Manitou-Lin is proud to be a tech-free zone. Please help us by making sure that your campers do not have any electronic equipment, electronic games, or personal music players in their possession.

YMCA OF GREATER GRAND RAPIDS

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